



GRANOLA CRISP TOPPING WITH FRUIT

(Courtesy of the National Honey Board)

INGREDIENTS:

1/3 cup old-fashioned rolled oats, uncooked
3 tbsp. chopped walnuts
1/4 cup Dutch Gold Wild Flower honey
1 egg white
1/4 tsp. vanilla
1/4 tsp. ground cinnamon
Dash salt
2 cups nonfat plain or vanilla yogurt
2 cups mixed berries

Recipes courtesy of DUTCH GOLD HONEY, INC.
Purchase Dutch Gold Honey at www.dutchgoldhoney.com

DIRECTIONS:

Combine oats and walnuts in medium bowl. Mix together honey, egg white, vanilla, cinnamon and salt in small bowl until well blended. Add honey mixture to oats; stir until well blended. Line 11 X 17 baking sheet with foil, spray with nonstick cooking spray. Spread oat mixture in even layer on prepared baking sheet. Bake at 325°F 15 to 17 minutes or until golden brown, tossing mixture 3 to 4 times during baking. Remove from oven. Cool completely until crisp and crunchy. Serve over yogurt and berries.

Makes 4 servings.

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